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ABSTRACT

This book is designed to help the parents of overweight children control their child's weight naturally and prevent future weight problems. It uses case stories and examples to illustrate common conditions and situations, along with recommended interventions. Chapters focus on: (1) "Overfatness," including the reasons for excessive weight, normal eating habits, the family role, and the psychology of food; (2) the need to observe and analyze children s eating styles, activities, and food selection; (3) behavioral modification; (4) exercise and fitness activities for children; (5) the food groups, menu planning, and food selection; (6) maintaining control of children's eating behavior; and (7) common questions and answers concerning food, nutrition, eating disorders, and child health. (Contains 84 references.) (MDM)

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